

5-MINUTE CRAFTS

DEAREVANHANSEN

In celebration of the official theatrical release of the new film adaptation of the Broadway musical sensation. We asked Ben Platt in the Q&A

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Vegan Bedroom DIY Piggy Paint for
Hotdogs Decor Bank kids

September 2021
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HOW TO WRITE A BULLET JOURNAL

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Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) and your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about OPDIVO and YERVOY?

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including

- **Lung problems:** new or worsening cough; shortness of breath; chest pain
- **Intestinal problems:** diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- **Liver problems:** yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal

- **Hormone gland problems:** headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- **Kidney problems:** decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- **Skin problems:** rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- **Eye problems:** blurry vision, double vision, or other vision problems; eye pain or redness

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

Getting medical help right away may help keep these problems from becoming more serious.

Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant



Talk to your doctor about OPDIVO + YERVOY

www.OPDIVOYERVOY.com 1-855-OPDIVOYERVOY

- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

Females who are able to become pregnant: Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- **See "What is the most important information I should know about OPDIVO + YERVOY?"**
- **Severe infusion reactions.** Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shivering; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain

- **Complications, including graft-versus-host disease (GVHD), of bone marrow (stem cell) transplant that uses donor stem cells (allogeneic).** These complications can be severe and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with OPDIVO or YERVOY. Your healthcare provider will monitor you for these complications.

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.



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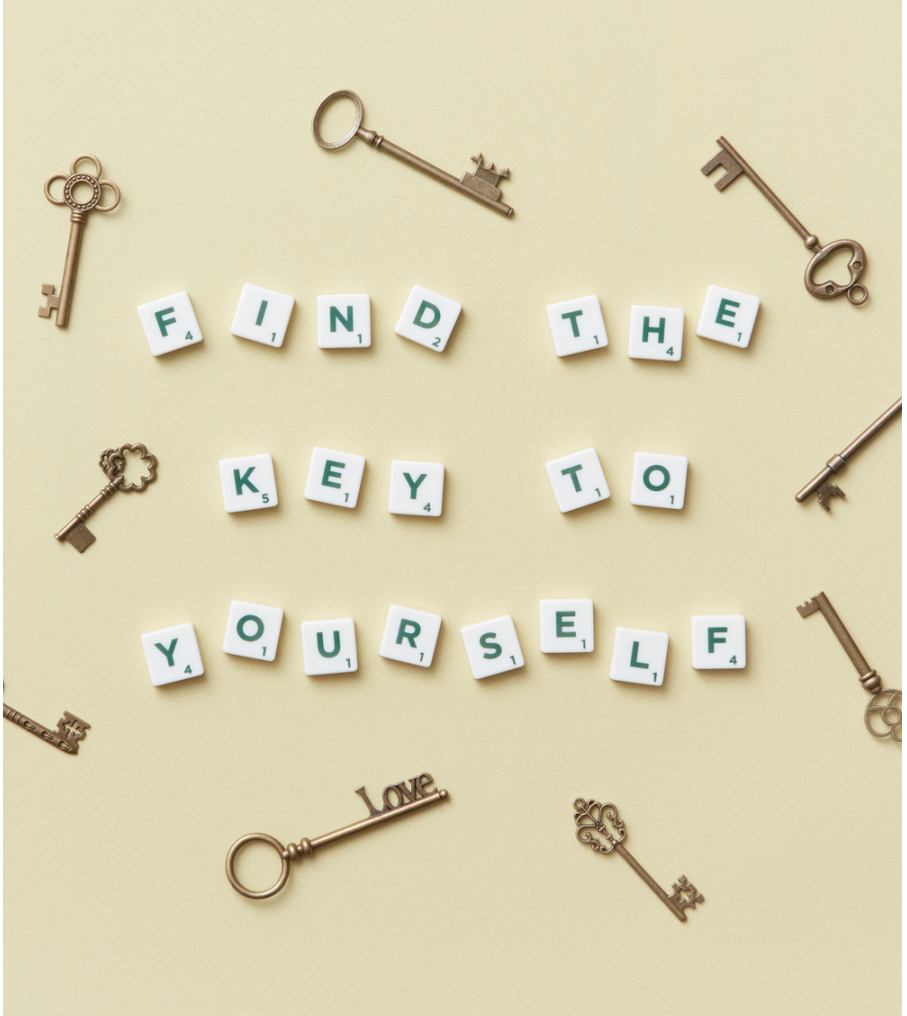
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september 2021

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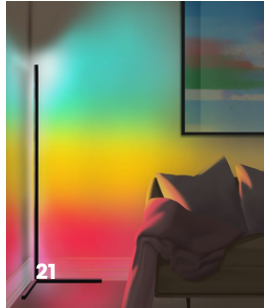
WRITING JOURNAL
A bullet journal, or personal agenda, can be a great ally in our daily lives. It can help us to organize and plan our different tasks, to-dos, meetings, events, and leisure activities, both in our work and student life. In addition, it allows us to make lists of all kinds, including entertainment lists for movies to watch or albums to listen to.

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Ben Platt has reprised his role as Evan Hansen, a high school senior with severe social anxiety, which inhibits his ability to connect with other people and make friends. After the death of one of his classmates, Connor Murphy, he fabricates a lie that inadvertently brings him closer to the classmate's family, while also allowing him to gain his own sense of purpose.

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You Will Be Found

A few years ago, when my oldest son was a junior in high school and I still believed parents could actually affect the outcome of the tedious, soul-crushing process known as applying to college, I had lunch with a woman well call Jennifer. I met Jennifer at the urging of a mutual friend, who promised that Jennifer knew all the "secrets" to getting a child into the elite institution of his choice.

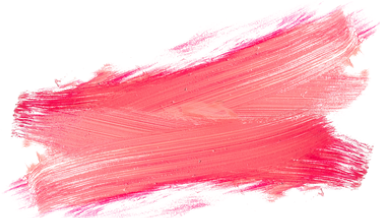
If you heard about the movie then you probably heard the debate about the issues of re-casting Platt as Hansen, despite him being a 27-year-old playing a high schooler while filming. People are saying he is too old for the part and wanted a younger Hansen. Watching the movie, audiences can see the camera panning too close to Platt's face. Easily seeing the tons of makeup Platt is wearing to make him seem young in hiding his 5 o'clock shadow.

Despite what the critics say, there is only one Evan Hansen and it's Platt. In 2017, he won a Tony award for Best Actor for the role of Evan Hansen. Platt gave a breathtaking Broadway performance, and the movie is no exception. In the film adaptation, he gives a raw emotional performance that will make the movie-goer look past his age and all the minor mistakes the movie made.

The film brings the story to life in a real-world setting with actors perfectly portraying their roles and letting the audiences get lost in the story. This is a type of movie an individual has to judge for themselves to determine if "Dear Evan Hansen" is truly a miss or a hit.

xo J.

TIPS & TRICKS



How to Make Paint for Children

Painting with your children can not only help them improve their creative skills, but it may also strengthen their memory.

WHAT YOU NEED

- A spoon
- A bowl
- 1/2 cup of flour
- 1/2 cup of salt
- Water
- Plastic sandwich bags
- Liquid watercolor / Food coloring
- Squeeze bottles

1. First, blend 1/2 cup of flour, the 1/2 cup of salt, in a bowl. Then, add 1/2 cup of water to the mixture. Lastly, mix it until it's completely smooth.
2. Divide the mixture into 3 equal portions and pour it into the sandwich plastic bags. Afterward, add just a few drops of your chosen liquid watercolor or food coloring to each of the bags.
3. Squish the bags to blend the paint with the mixture. If you want the paint to be thinner, adding more water to each bag will do the trick. To finish it up, cut one of the corners out of the bags and empty the paint into a squeeze bottle.

Note: It's recommended to use Ziploc bags instead of regular plastic sandwich bags if your toddler is helping with this particular step.

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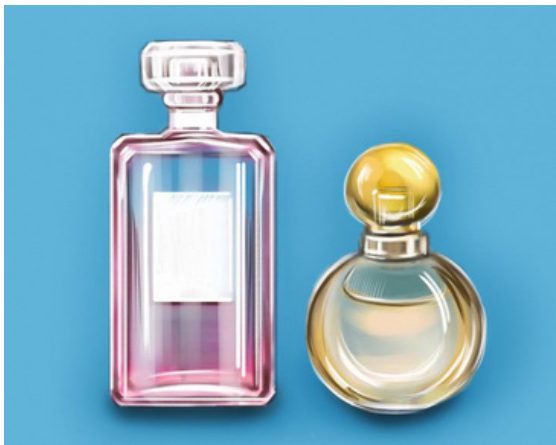
style

STORING COSMETICS

Many of us are used to storing cosmetics in the bathroom, however, exposure to high temperature, humidity, and hot steam can negatively effect the quality of your favorite cream.

Natural cosmetics

Most cosmetics contain preservatives. They are added so that cosmetics don't go bad at room temperature. But if you prefer organic or natural cosmetics with a minimum amount of preservatives, the best solution is to put them in the refrigerator. The same recommendations apply to the cosmetic products that you make yourself from natural ingredients. Due to the lack of preservatives, it can go bad in a matter of hours, so such products should be immediately refrigerated.



Eye pencils

Hard and soft eye pencils and eyeliners should be stored in the fridge, or at least placed there 10 minutes before use. This will allow them to harden slightly and not smudge when applied. But if you are in a hurry, there is no need to wait for 10 minutes. You can place eye pencils into the freezer for a short time and they will harden much faster.

Lipsticks and balms

Most lipsticks and balms are based on cosmetic wax. At high temperatures, they may melt and smudge slightly when applied to the lips. To reanimate the product, put it in the fridge. It will take about an hour to bring it back to the initial consistency. If you want to avoid the loss of lipsticks' texture, store them and lip balms in the fridge.

Cosmetic products with active ingredients

Cosmetic products containing active ingredients such as retinol, vitamin C, and peptides should be stored in a cool place. This will protect them from temperature extremes and loss of efficiency. Also, products containing probiotic elements should be stored in the fridge as well. It will prolong the life of bacteria in their composition. Moreover, such products are often produced with a minimum amount of preservatives, which is another reason to store them in the fridge.

Eye creams

Eye creams, especially those that go together with a metal roller, should also be stored in the fridge. First of all, low temperatures contribute to the narrowing of blood vessels, due to which the flow of fluid to the soft tissues decreases, which reduces and removes swelling. And secondly, it's simply nice to apply cool products.

If you like the cooling effect, you can also store your day cream, cosmetic sprays, and some products for treating dermatitis. The cooling will help them to reduce itching and alleviate difficult skin conditions.

Perfume

Placing your favorite perfume in the fridge is also an excellent idea. It prolongs the effectiveness of the active ingredients in the perfume and also protects them from sun exposure and high temperatures, which can provoke product oxidation.

Cosmetic masks

Cosmetic masks, especially gel-based ones also do well in the fridge. Low temperatures allow them to constrict small capillaries on the face and reduce skin redness. Sheet masks had better be stored in the fridge as well. Thanks to the cooling effect, they will freshen up the skin and improve the face color right away.

What cosmetic products shouldn't be stored in the fridge

Clay masks, softening balms, and hair conditioners, as well as products with oily bases such as serums, shouldn't be stored in the fridge. Low temperatures can affect their consistency and lead to discoloration.

Also, make sure not to place nail polish in the fridge. At first, its viscosity will increase and it will become easier to apply. However, over time the product will become thicker and you won't be able to apply it so smoothly.

How to choose a cosmetic fridge

Sometimes it's worth considering getting a cosmetic fridge. For example, if you worry that the smell of food can affect the aroma of your favorite cream or if there is simply not enough space in your regular fridge.

Most cosmetic fridges work the same as portable mini-fridges for food products. They can be miniature devices as big as 5.5 inches x 8 inches that can be kept on the cosmetic table, or bigger devices with the size of 10 inches x 14 inches that require a separate shelf.

When opting for such a fridge, pay attention to the following details:

- Temperature. You should be able to regulate it and it shouldn't be lower than 32°F so that your cosmetics don't freeze.
- Removable shelves. They will help you easily organize space in the fridge in a manner comfortable for you and adjust the space between shelves according to the height of the cosmetic products you use.
- Carrying handle that will allow you to move the fridge from place to place without any hassles.

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STYLE

Honey

Honey perfectly softens and moisturizes the skin and makes it more elastic. The sugar in its composition helps to saturate the skin with moisture and keeps it in the upper layers. Additionally, honey is rich in antioxidants that prevent aging and blemishes.

How to use it:

- Method 1: Mix 2 tablespoons of honey and 8 tablespoons of water. Apply the mixture to your skin. After drying, wash it off with warm water.
- Method 2: Apply undiluted honey to your skin, leave it on for 20 minutes, then gently massage the skin and rinse off whatever is left of the product.

Coconut oil

Coconut oil is rich in fatty acids that moisturize the skin, improve its barrier function, and increase collagen production.

How to use it: Apply coconut oil before going to bed to wake up with soft and radiant skin in the morning. It's especially effective to apply the oil immediately after a shower.

You can also use olive, almond, sunflower, and castor oils as a moisturizer.

Moisturizing mask

A face mask is another way to quickly solve the problem of dry skin. Usually, you should keep a moisturizing mask on your face for no longer than 15 to 20 minutes, but there are intensive masks that can be left on overnight.

A moisturizing mask should contain some of the following ingredients:

- Aloe vera
- Hyaluronic acid
- Plant oils
- Ceramides
- Glycerine
- Honey
- Green tea
- Oats
- Collagen
- Elastin
- Keratin

Useful tips

1. Any cosmetic ingredients can cause an allergic reaction. It's recommended to test the product on a small area of the skin before applying it to the face.
2. Don't use hot water when washing your face, bathing, or showering. High temperatures can strip the skin of its natural oils and moisture. Use warm or cool water instead.
3. Choose a gentle cleanser for your face wash that doesn't dry out your skin.
4. Apply moisturizers immediately after showering or washing your face while your skin is still damp. This will help the moisturizing ingredients retain water in the skin.
5. If your skin is severely dehydrated, temporarily stop using products with irritants, like retinol or alpha-hydroxy acid.

Avocado

Avocados are rich in a variety of nutrients, such as vitamins C and E, fatty acids, and carotenoids. Thanks to them, avocado pulp nourishes and moisturizes the skin, protects it from oxidative stress, and prevents early signs of aging.

How to use it:

- Peel the avocado.
- Mash the pulp.
- Apply it to the skin.
- After 10 minutes, wash it off with warm water.



Aloe vera gel

Aloe vera is known for its moisturizing and soothing properties. It can be sold separately as a gel, or it can be found in moisturizers, masks, and other skincare products.

The properties of aloe vera can be explained by its rich composition: it contains vitamins A, C, D, and E, along with zinc, potassium, magnesium, amino acids, polysaccharides, and phytochemicals. Thanks to these things, aloe vera perfectly relieves itching and irritation of the skin, prevents it from dehydration, moisturizes it, and helps aid in the healing of minor inflammations.

How to use it: Apply aloe vera gel to your face 2 to 3 times a day.

Shea butter

Shea butter is rich in triglycerides, which help soften the skin and reduce moisture loss. It also has anti-inflammatory properties and strengthens the skin's protective barrier.

How to use it: Apply it to the skin strictly before going to bed since the butter is absorbed slowly. Palm, mango, or cocoa butter can also be used.

Glycerine

Glycerine is a simple and effective remedy for dryness. It effectively moisturizes the skin and retains moisture in it.

How to use:

- Method 1: Mix 50 ml of rose water and 50 ml of glycerine, apply the mixture to your skin with a cotton swab, and leave it on overnight. Store the mixture in an airtight jar.
- Method 2: Mix 2 tablespoons of glycerine, honey, and oatmeal. Apply the resulting paste to your skin. When it dries, wipe it off with a cotton pad dipped in milk. Then wash your face with water and pat dry.

Moisturizers

For healthy and radiant skin, use a moisturizer daily. First, it retains moisture in the outer layer of the skin. Plus, it often contains ingredients that deeply moisturize the skin. It can be glycerine, urea, or lactic acid. Additionally, a moisturizer may contain smoothing and softening components, like lanolin, sunflower oil, and jojoba oil.

- For normal skin, creams that maintain the natural moisture balance of the skin are suitable. Choose a water-based product with a light, non-greasy texture. These creams often contain light oils or silicone-based ingredients.
- For dry skin, use a rich oil-based moisturizer that contains water-retaining ingredients. Look for lactic acid and urea among the ingredients of these products.
- For oily skin, light water-based lotions and fluids work well. Look for a product that is labeled "oil-free" or "non-comedogenic."
- For combination skin, try cream of medium texture. You can also use a light fluid for oily areas and a rich fluid for dry areas.
- For sensitive skin, choose a cream with soothing ingredients, like chamomile or aloe vera. Also opt for products labeled "hypoallergenic," "fragrance-free," or "for sensitive skin."



SHOW YOUR AGE

Hair Biology Thickening Treatment was formulated to work with the biological changes that affect hair as we age. Made with biotin and paraben-free, it instantly thickens for fuller looking hair. So you can show it off, and proudly show your age.



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LOOKING HAIR



SAY 'GOOD
MORNING'
AND
ACTUALLY
MEAN IT



WHAT COFFEE IS MEANT TO BE

NESPRESSO®

home

BEDROOM TIPS

Giving your bedroom new aesthetics isn't as hard as it may seem.

HOME

Pick artwork for your bedroom.

Any artwork you pick will influence the bedroom's overall aesthetics. You can choose to be playful with it, passionate, or peaceful, among other choices.



Paint your ceiling.

Most people forget about their ceiling. You can paint it using a delicate color or a pattern to make your bedroom look even better.

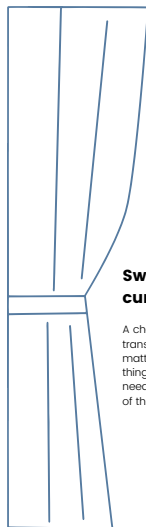
Replace your TV with a projector.

Sometimes, a TV can only clutter the wall. Instead, you can buy a projector and stream media right from your computer. You can project it on the ceiling, as well as on the wall, it's up to you.



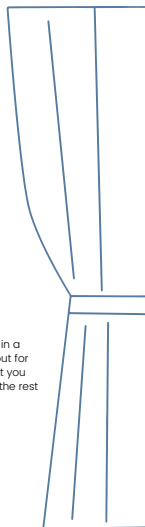
Use colorful LED lights.

Do it like this and you'll be able to set the mood however you please, whether your friends are over or you just want to watch a movie by yourself.



Swap out your curtains.

A change in curtains will transform your bedroom in a matter of minutes. Look out for things like how much light you need and what color fits the rest of the room's decor.



Customize your headboard.

You can do this yourself either by adding patterned fabric to the headboard, a tapestry, or even painting it however you please.



Even when all your garbage is all gross. New Glad® with Clorox™ bags eliminate food and bacterial odors to keep all your trash all under control.

This product is bleach-free.

MAKE A SWITCH



When choosing a light bulb at a store, it's easy to get confused if you don't know what kind of model you need. There's a lot of different criteria, including details about diameter, power, type, brightness, and color.

HOME

LED lamps or light bulbs

Lately, the so-called LED lamps are becoming more and more popular. Compared to the "old" bulbs, they are more efficient. Light bulbs are heated with electricity to the point of emitting light, and LED lamps are semi-conductors. They can work 25 times longer than light bulbs and need 75% less energy. They are a little more expensive than regular bulbs but it pays off in the long term. And another advantage is that LED lamps get only a little warm and you won't get burned if you touch them.

Lumens

A lumen is a unit of light power that dictates how bright the bulb is. In the past, we used to buy bulbs based on watts, but modern bulbs can produce as much light with less energy consumption. Today, you can choose the right brightness based on lumens. Old bulbs needed 60 watts and produced 800 lumens, and LED lamps might need just 10 watts for the same brightness.

Color

If you don't want your cozy living room to look like a hospital wing, you need to pay attention to kelvins. It's a unit of color temperature that varies from warm yellow, to almost blue, cold:

2700 K – 2800 K: warm, yellow light
3000 K – 3200 K: warm, yellowish light
3500 K – 4000 K: neutral, white light
5000 K – 6500 K: blue, bright white light

Volts and watts

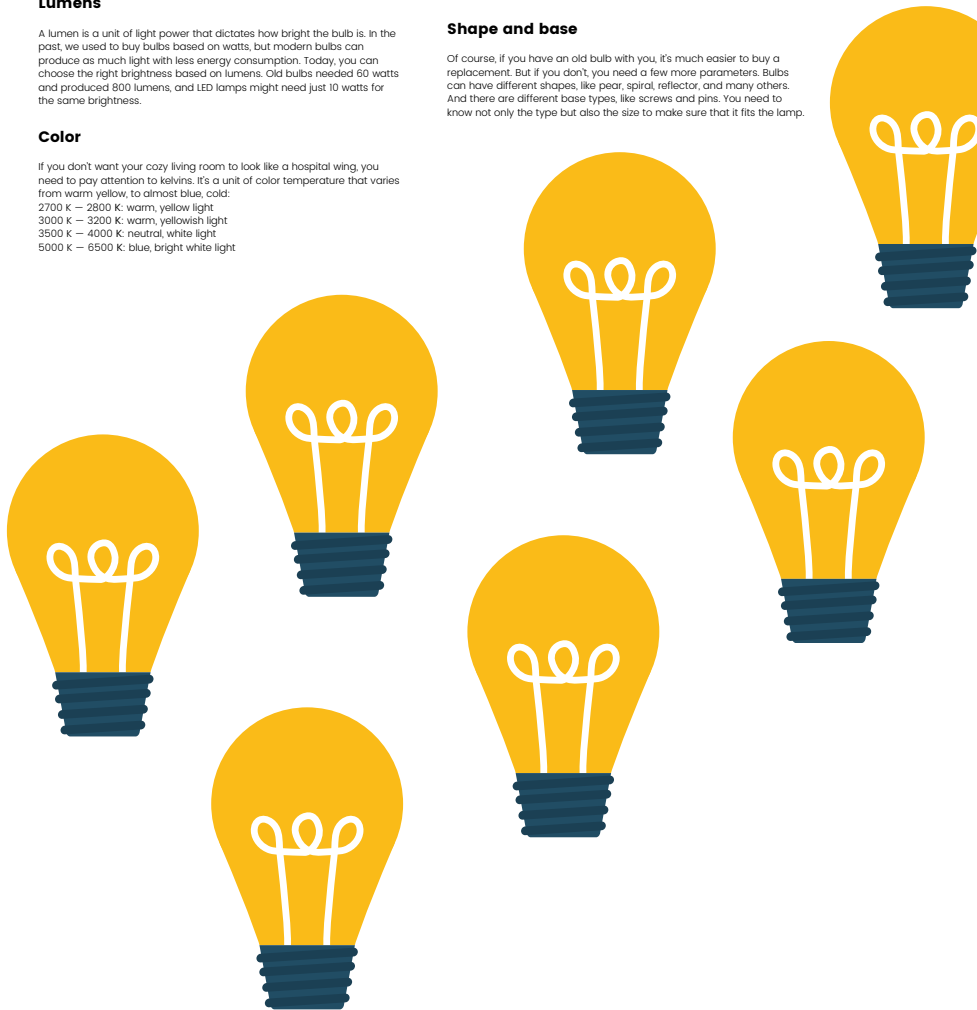
When buying light bulbs, we often confuse volts and watts. Let's find out what they are and why they are important.

Volt (V) is a unit of electric potential. It's recommended to use the right voltage. For example, bulbs of 120 V and 130 V are almost the same, but the latter takes less time to heat up, requires less energy, and works for a longer time. But it also has disadvantages: it's not as bright and its color temperature is lower.

Watt (W) is a unit of power, in other words, the amount of energy a bulb requires. If you choose a bulb of lower power, the light will be dimmer.

Shape and base

Of course, if you have an old bulb with you, it's much easier to buy a replacement. But if you don't, you need a few more parameters. Bulbs can have different shapes, like pear, spiral, reflector, and many others. And there are different base types, like screws and pins. You need to know not only the type but also the size to make sure that it fits the lamp.



**REDUCES NIGHT
SWEATS.
HELPS YOU
FALL ASLEEP
NATURALLY.***



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

health

WORSENING FOR SALIVA

Have you noticed that lesions inside our mouth heal faster than those on the surface of our skin? This is thanks to the powerful viscous fluid that each of us produces when we chew, and it has a healing effect.



6:42 am — Achy
 10:52 am — Hesitant
 2:33 pm — Positive
 3:26 pm — Grounded
 6:39 pm — Thankful



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HEALTH

It promotes wound healing.

- Saliva's epidermal growth factor is key in healing oral wounds faster. The humid environment also helps the survival and functioning of inflammatory cells.
- Lysozyme, also present in saliva, helps heal lacerations inside and outside of our mouth. Thanks to its antibacterial power, it moisturizes them and prevents microorganisms from contaminating them.
- Studies claim that the liquid that moistens our oral cavity has a recovery factor of the epidermis, favoring the healing of external injuries, so licking the wounds would help to heal them faster.

You may have heard that applying saliva directly on pimples is one of the most effective home remedies, and you can use it as a natural ointment for external wounds, pimples, acne, or marks on the face.

But this saliva should be the kind you'd get in the morning, before drinking water or having breakfast, as it's in its purest form.

However, saliva isn't recommended as skincare for everyone. Dental hygiene plays a crucial part in determining whether or not one should apply saliva to their skin. For example, someone with poor dental hygiene will do more harm than good to their skin. Make sure to consult with your dermatologist and dentist before following this type of skincare.

It eliminates microorganisms in the oral cavity.

- Saliva removes residue from the food we eat and neutralizes acids produced by bacteria in the mouth, which helps protect you from microbes. Oral bacteria and gum inflammation may play a role in some diseases, such as diabetes and HIV/AIDS, according to studies. They lower the body's resistance to infection, making oral health problems more serious.
- Saliva facilitates the distribution of minerals on teeth. It acts as a shield over them, preventing tartar build-up and wear on the enamel. In this way, it balances the pH of the mouth.

It allows the detection of food flavors.

- The proteins released by the salivary glands allow the rapid particles of food to be distributed to the taste buds of the tongue, producing an impulse that reaches our brain, where it decodes the taste sensation of each dish or snack we eat.
- Without the right amount of saliva, you would find it hard to swallow, making it difficult for your tongue to do the job of pushing the chewed food down your throat.
- Before the food reaches your stomach, saliva, with the help of chemicals called enzymes, begins to break it down while it's still in your mouth.

It lubricates our mouth so that we can speak fluently.

- This liquid, composed of 99% water, has an active role in promoting human speech since it keeps our mouth and all the components involved in the emission of our voice hydrated.
- That's why it's important to drink water, especially if you are going to speak in public, as nerves cause your mouth to dry out, making it difficult to pronounce words correctly.

How to promote saliva production

- Some medications, such as decongestants, antihistamines, and painkillers, among others, can decrease the flow of saliva, which would cause your gums to become constantly inflamed. Here are some tips to stimulate saliva production.
- Chew sugar-free gum or suck on sugar-free hard candy for 20 minutes, especially if these products contain xylitol, as this will also help prevent cavities.
- Hydrate to combat dry mouth. Drink a lot of water daily, so it will be easier for you to chew and swallow. Keep in mind that much of the composition of saliva is water.
- Brush your teeth for at least 2 minutes after meals. Keeping your mouth healthy is of utmost importance for saliva production. It should be very clean, without food debris on your teeth and tongue, especially after breakfast and before going to bed. Remember to floss as well.
- If saliva production is extremely low, we recommend you seek medical help to treat the problem.

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the boat

you may be
muddling through
allergies



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method.
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CLEANSERS

350 mL (12 FL OZ)

ok, so with the world the way it is
and all we should try to buy less, and
reuse more. that's why we created
our brand new aluminum range.
durable. refillable. unmissable. you
know. in that classy, low-key kinda
way. and it comes in four fragrances
and finishes so stylish they'll give
your toothbrush holder a complex.



method for change



method.
HAND WASH
SAVON À MAINS

vanilla + raspberry
vanille et framboise

meth
HAND W

ylang ylang +
ylang ylang et

WITH PLANT
CLEANSERS

5-MINUTE CRAFTS



September

31

SEPTEMBER 2021



Writing Journals

A bullet journal, or personal agenda, can be a great ally in our daily lives. It can help us to organize and plan our different tasks, to-dos, meetings, events, and leisure activities, both in our work and student life. In addition, it allows us to make lists of all kinds, including entertainment lists for movies to watch or albums to listen to.



The items you will need will depend on how you will use the agenda and your personal preferences. As you can imagine, the most important part is to have a proper notebook, notepad, or agenda.

Choose one that's of your liking so that it inspires you to use it more often.

- It's important to choose a size that feels comfortable for you. It can be large (A4) or small (A5). If you plan to use it as a pocket planner, it might be better to choose an even smaller size.
- Think about what type of sheet printing suits your needs best and choose accordingly. For example, you can have graph or lined paper. If you want to make drawings or do lettering on the planner, you might want to consider going for dotted or even plain sheets of paper. These will give you more freedom to express your creativity.
- The thickness of the sheets is also an important factor to take into account. They should not be so thin that they make writing with sharp pencils or ordinary pens difficult, because you're afraid of piercing the paper. On the other hand, if you plan to use watercolor or markers, the paper should be thick enough to withstand the strokes without tearing. But the thicker the sheets are, the heavier the journal will be.
- You don't necessarily have to use a new notebook for this project. You can also recycle old ones and combine different types of paper. You could also make one yourself.

Although most of these are optional, these other tools will prove to be very useful for writing and organizing your bullet journal and planner:

- Pens (black and colored, fine and thick-tipped, gel or even with glitter... There are many options out there, choose the ones you like the most!)
- Pencils (both graphite and colored)
- Crayons
- Pens, markers, and highlighters of different types and colors
- Stickers and stamps
- Rulers of different types (for straight lines, circles, geometric shapes, letters, etc.)
- Washi tape or decorative ribbons (these will not only help you to give a different and creative touch to your planner, but they can also be very useful for sticking photos, cut-outs, etc.)
- Paper clips, bookmarks, and page markers
- Stamps and ink
- Sticky notes
- Decorative paper
- Glue
- Scissors
- Ink eraser
- Paint

The design and layout of your planner will depend on your needs, as we've said before. However, you'll probably find that having the following sections will pretty much cover all your needs:

- **Personal details:** You can place this section on the first page and include your name, phone number, e-mail, reliable phone numbers, etc. This section will be very useful to include in case you lose your journal. That way, whoever finds it will be able to see that it belongs to you and give it back.
- **Numbering on pages:** Numbering each page will help you to keep everything in order in case sheets become loose or even detached from the notebook. It's also a good way to reference and find information.
- **Index:** This will allow you to easily and quickly access any section of your personal agenda.
- **Calendars:** You can place an annual calendar at the beginning of the whole agenda and then a series of monthly calendars at the beginning of each month.
- **Planners:** You can have monthly, weekly, and daily planners.
- **Notes:** It can be a simple box at the end of each page, on the sides, or even a specific section, if you need more space. This is ideal for writing down all the things that don't fit in previous sections. We're thinking of small reminders, motivational quotes, etc.
- **Lists:** In your agenda, you might also want to have a grocery shopping list, a list of movies you want to watch or books you want to read, and even stores you plan to visit or music you are going to listen to. You can also make a list of wishes, of goals to accomplish, of the best things that happened to you during the day, and so on. All this will help you focus and visualize your goals clearly.
- **Telephone directory:** This section may not be so essential nowadays, since all cell phones have a function or an app where you can store your contacts quickly and without hassle. However, it's always a good idea to keep important numbers and emails somewhere written on paper, just in case your cell phone breaks or you lose it.
- **Expense table:** Daily, weekly, monthly, and even yearly. This section will not only allow you to keep an accurate record of the money you've spent, but it will also help you see which bills you still have to pay, what things you have to buy, and how much you can save after doing all that.

You can select a few special symbols to indicate certain things in your agenda. These will allow you to quickly locate what you're looking for without having to read every single piece of text. Some of these symbols can be:

- Circle: for notes and reminders
- Arrow: for lists (like for example, shopping lists)
- Square: for tasks and other types of to-do's
- This way, you can check the boxes as you go through the activities
- Triangle: for events and meetings
- Exclamation mark: for urgent or very important tasks

If you want your agenda to look very colorful and full of life, you can also use a color system to be able to locate certain information faster. We came up with this system, but it can be tweaked however you want.

- Red: important or urgent tasks
- Yellow: activities that need to be done, but that are not as urgent as those marked in red
- Green: notes and reminders
- Blue: events and meetings
- Purple: lists (like for example, shopping lists)

Tips to stick to your planning and turn your journal into an ally instead of an enemy

- As with any new routine you're trying to implement, at first, it might turn out to be more difficult than expected to use your personal planner on a daily basis. But the important thing is to not give up and to make it an ally rather than an enemy in terms of organization. With time and constant use, it can help you put your thoughts together, organize them, and boost your productivity.
- Always organize activities according to their priority. Always start by doing the most challenging or long activities. Stuff that you like the least is easier done at the beginning of the day. Then you can move on to other simpler tasks knowing that you finished something you didn't want to do.
- Choose a specific time of day to review and update your planning. You can do it after breakfast and in the evening. It's always good to know what you have to do during that day and the day after too.
- Be realistic. It is very important that you set reasonable goals and activities that you know you can finish within the deadline you've set. Otherwise, not being able to meet certain goals will make you feel frustrated, and that could lead to you not using the planner instead.
- If paper is not your thing and you prefer to go digital, that's also good. You can always create your own digital personal planner or bullet journal. You can find multiple websites that offer this service, or even apps for your phone. If none of them suit you, you can design your own planner in Word according to your preferences.



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food

A top-down photograph of five vegetarian dogs arranged diagonally on a white plate with blue concentric circles. Each dog is made with a long, golden-brown bun, a large, charred vegetable (likely a portobello mushroom or a large sweet potato) that has been sliced lengthwise, and topped with fresh green cilantro leaves. The plate sits on a light-colored, speckled countertop.

HEALTHY DOGS

Today, veganism is becoming increasingly popular, so thinking of new ways of cooking can come in handy, like if you're throwing a BBQ and have invited vegans or vegetarians over.

FOOD

On the grill

This technique might be more convenient for smaller-scale dinner parties or if you're cooking just for yourself. It relies on an umami-packed marinade that makes the carrots have a very distinctive, intense taste.

For the marinade:

- 2 tablespoons of pure maple syrup
- 2 tablespoons of soy sauce
- 1 tablespoon of adobo sauce from a can of chipotle chiles in adobo

For the hot dogs:

- 8 medium carrots, peeled and trimmed
- Vegetable oil (for the grill)
- 4 hot dog buns

1. Combine carrots, maple syrup, soy sauce, adobo sauce, and 1 cup of water in a saucepan to make the marinade. Make sure the saucepan is big enough for everything to fit. Cover and cook over medium-high heat for about 10 minutes.
2. Once that's done, uncover the pan and reduce heat to medium-low. Cook for 2–3 minutes more or until the marinade is completely reduced and the carrots are coated in glaze. Make sure to shake the pan occasionally.
3. Set your grill to medium-high heat and oil it. Grill the carrots, turning them once, until they're browned and slightly charred, about 2 minutes on each side. Transfer the carrots to a plate.
4. Toast your buns on the grill until they're golden brown, about 30 seconds. Transfer the buns to the plate and assemble your hot dogs. Add any toppings you'd like.

In the oven

This technique might be more convenient if you're cooking for many people as you can easily scale it up by using the oven grill.

- 6 carrots (see note below)
- 1 tsp of toasted sesame oil
- 1/2 tsp of kosher salt
- 1/4 tsp of freshly cracked black pepper

Note: This recipe works best when you can choose large, thick carrots because they will shrink during the process. If they're too long, you can always trim them to fit the bun.

1. Place your oven rack as close as possible to the broiler element or source of heat and preheat it.
2. Line a baking sheet with aluminum foil and arrange the carrots there. Broil them until charred, giving them a quarter-turn every 5 minutes, more or less. In total, it might take about 20 minutes.
3. Once they're blackened all over, remove them and wrap them tightly in new aluminum foil. Let them sit wrapped for 15 minutes for them to steam and become infused with a smoky flavor.
4. Unwrap them, and once they're cooler, pull the charred exterior off each carrot. Finish them off with a drizzle of toasted sesame oil, and season with salt and pepper. Now you can assemble the hot dogs.



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DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

HELP
HEAL
YOUR
SKIN
FROM
WITHIN*

DUPIXENT may help provide:

- ▶ Clearer skin
- ▶ Noticeably less itch

DUPIXENT is:

- ▶ Not an immunosuppressant
- ▶ Not a cream or steroid

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Individual results
may vary.



DUPIXENT
(dupilumab) Injection
200mg • 300mg



— TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936) —

INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent) injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
 - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include:

injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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FOOD



HEALTHY BACON

Making tasty and crunchy vegan bacon at home is really easy to do.

FOOD



Vegan Bacon

Ingredients

- 3 sheets of rice paper
- 3 tbsp soy sauce
- 2 tbsp nutritional yeast
- 1 tbsp maple syrup
- 1 tbsp ketchup
- 1/2 tsp garlic powder
- Flakey salt (optional)

1. Preheat oven to 400°F. Then, stack 3 sheets of rice paper together and cut them into equal pieces (rectangles).
2. Let's make the marinade. Start by adding 3 tbsp of soy sauce.
3. Add 2 tbsp of nutritional yeast.
4. Add 1 tbsp of ketchup.
5. Add 1 tbsp of maple syrup.
6. Add 1/2 tsp of garlic powder.
7. Whisk everything together. The marinade is ready.
8. Dip the rice paper in water to soften it a bit and then place it on parchment paper.
9. Add flakey salt (optional) and then lay another softened slice of rice paper on top of the first one.
10. With the help of a brush, coat both sides of the rice paper with the marinade.
11. When the sheet pan is full, place it in the oven (at 400°F) and leave it there for around 9 minutes.
12. After waiting 9 minutes your bacon is ready to eat.

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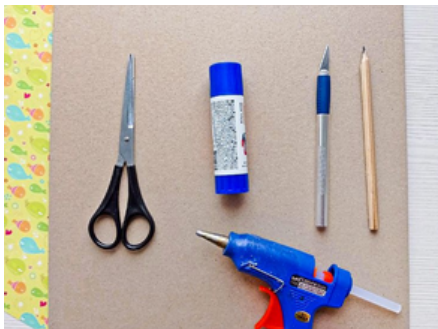
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living



MONEY MATTERS

A simple thing like a piggy bank will not only help you learn how to save money, but it'll also keep your house tidy. After all, coins will no longer cling in your pockets and collect dust on your shelves.



Cardboard Piggy Bank

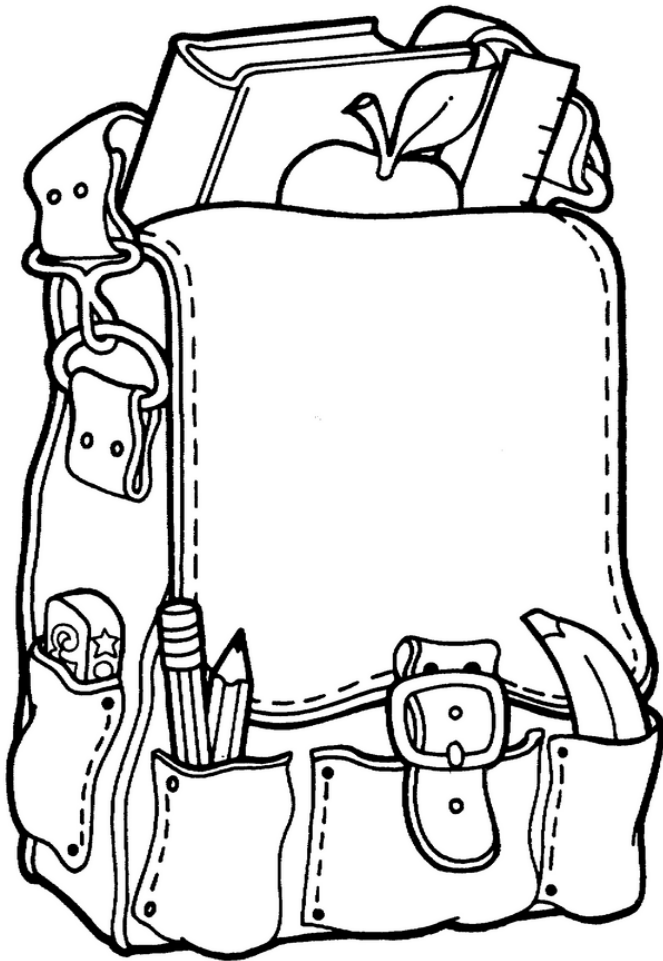
Materials

- 2 sheets of thick cardboard
- 2 sheets of colored paper or thin paper for scrapbooking
- scissors
- a paper cutter
- a ruler
- a pencil
- a hot glue gun
- a glue stick



1. Cut out 2 7×11 cm rectangles and 2 11×11 cm squares from thick cardboard.
2. Cut out similar elements from paper, adding 1 cm to each side (you should end up with 2 paper rectangles 9×13 cm and 2 squares 13×13 cm).
3. Use the paper rectangles to cover the cardboard rectangles with a glue stick, folding over the remaining edges and gluing them to the back of the cardboard.
4. Glue the cardboard pieces together with the hot glue gun, alternating the narrow and wide sides.
5. Prepare the bottom of the money box. For this, you should cut out an 11×7.5 cm rectangle from cardboard and cover it with paper (similar to steps 2 and 3).
6. Glue the bottom to the piece using the hot glue gun.
7. Cut out 2 triangles from cardboard with a 7.5 cm base and 5.5 cm sides. Cover them with paper.
8. Glue the triangles to the cardboard box, aligning their bases to the short sides of the box.
9. Cut out 2 rectangles with sides that are 8 and 12 cm from the cardboard. Make a 5×0.5 cm slot in the center of one of them.
10. Cut 2 small strips of paper about 5.5×2 cm. Cut 5 mm pieces from them and glue them to the shorter sides of the slot, covering it on both surfaces, as shown in the photo above.
11. Glue the rest of the strips to the longer sides of the slot in the same way.
12. Cut out rectangles from paper to fit the cardboard rectangles from step 9, making them 1 cm wider on each side.
13. Cover the cardboard with them. Cut a slot in the same place it appears on the cardboard, with a paper cutter.
14. Glue each of the rectangles to the top of the base to form the roof of the house. You can do this with the hot glue gun. Important: When working with a hot glue gun, remember to firmly press each piece against the other for at least a few seconds. It takes time for the glue to harden and set well.

CHILL & DRAW



PEOPLE



Ben Platt

Five years after its Broadway debut, "Dear Evan Hansen" is hoping to last forever on the big screen.

Premiering Friday in select theaters, the film adaptation of the Tony Award-winning musical revisits the life of high school outcast Evan Hansen (Ben Platt) following the suicide of classmate Connor Murphy (Colton Ryan). After Connor's parents mistake Evan's self-addressed therapy assignment as their son's suicide note, Evan finds himself caught in the middle of a blatant lie. Lacking the courage to reveal the truth, Evan instead fabricates his and Connor's nonexistent friendship to help console the grieving family.

This is not a prediction or a guesstimation, but rather a statement of inevitable fact, and it is in keeping with what one may have come to expect from Ben Platt. If there is an actor who has made a career of an impressive command of waterworks, it is he. Take the image of the two rivulets gliding down his cheeks that indelibly capped off one of the final scenes of *The Politician*, the 2019 Netflix series that followed his sociopathic character's rise from student government to the White House. The show was good. But those rivulets? Perfection.

Then there was his star turn in *Dear Evan Hansen*, a Broadway show about teen isolation and suicide for which Platt not only won a Tony but also (not coincidentally) so thoroughly wrung himself out on stage eight times a week that the *New York Times* had cause to ponder if the show might be doing him emotional harm. Much was made of his uncanny ability to sing scarily through tears, to deftly manage all that snot in front of an audience of a thousand, many of whom were blubbing right along with him. If there was a dry eye in the house, then they were probably in the wrong house. "As far as making art, it's just very visceral for a lot of young people," says Platt, the personification of all that catharsis. When meeting fans, he continues, "I get a lot of tears."

Today, however, Platt seems placid enough, sipping a ginger ale on the sidewalk patio of a New York bistro not far from both Theater Row and the apartment he's lived in since he was playing Evan. He wears baggy shorts, a hippyish beard, and sandals that show off toenails painted a navy hue. He attended the Met Ball last night, which he says was "actually really fun. The first time I went in 2017, I didn't really know anybody, so I walked around the cocktail hour and left. I was too nervous. This time, I made it through the actual event." The nerves, he says, are one of the things he shares with Evan. "But," he adds, "I'm doing a pretty good job of pretending I'm not worried about everything."

On September 24th — Platt's 28th birthday, as it were — *Dear Evan Hansen* hit the big screen in a movie adaptation starring not just Platt but Amy Adams and Julianne Moore. Reviews have made much of Platt's "advanced" age (as if people in their twenties aren't usually cast to play high-schoolers) and of the questionable moral choices by his character (as if lonely, anxiety-ridden high schoolers are meant to have it all figured out). This lack of generosity has a number of people in Platt's orbit on high alert, notably a studio publicist who hovers fretfully nearby as Platt fixes his eyes on the white tablecloth and says, "Tame and people talking about me and people having opinions about me that don't know me makes me so anxious. You can say, 'That's not what matters, the in-person things are what matters.' Of course that's true, but it's hard to not take in stuff."

In fact, the film's bald emotionality — one of the aspects on which critics have greatly enjoyed harping — now has its collaborators rallying around Platt. "It would've been very easy for him to say, 'You know what, no. I did it on stage. I can't go back there,'" says director Stephen Chbosky, who also wrote and directed *The Perks of Being a Wallflower*. "He could have said that, but he didn't. He twisted himself into knots, in some cases literally, to play this character with all the authenticity he had in him. It was remarkable to watch him do it. And to be willing to take shit for it is an incredibly brave act by an artist. If you watch what Ben Platt does and you walk away and say, 'He's old, then you were never going to get this movie. It's not for you. For the rest of us, what we see is a generational performance by a generational talent.'"



Platt, right, with "The Good Doctor" star Noah Galvin at the L.A. premiere of *Dear Evan Hansen* on September 21st. EMMA MCINTYRE/WIREIMAGE

Although the film does not take place during the pandemic, how do you see the film's themes of isolation and coping with loss fitting into this current landscape?

For me, I think it actually lent itself to even more authenticity and intimacy by virtue of seeing all of these images and locations that I had impressionistically dreamt about on stage fully realized — to be on the couch, in our living room with Julianne or in the school hallway or cafeteria with Amanda. Seeing these people inhabit the Earth and really stand on two feet on the ground, that inherently made them feel so much (more real) and so much more naturalistic.



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Dear Evan Hansen,

Today is going to be an amazing day and here's why: because, today, all you have to do is just be ~~yourself~~ yourself?

Turns out, this wasn't an amazing day after all. Because why would it be?

I wish everything was different. I wish I was part of something. I wish anything I said mattered to anyone. I mean face it, would anyone even notice if I disappeared tomorrow?

Sincerely, your best and most dearest friend:
Me

DEAR EVAN HANSEN

FROM THE SONGWRITERS OF
LA LA LAND AND THE GREATEST SHOWMAN

AND THE DIRECTOR OF WONDER AND
THE PERKS OF BEING A WALLFLOWER

ONLY IN THEATERS
SEPTEMBER 24

